

July 2021

# Carver Council on Aging

## *What's Inside for July*

### **Annual BBQ Luncheon**

Wednesday,  
July 14th at  
11:30 am

Join us for a summertime classic cookout! Entertainment will be provided by "Yesterday's Country Band" featuring vintage country and western music courtesy of the Friends of Carver COA. Members of the Carver Police Force will be grilling up burgers and hot dogs with all the fixings! Classic barbeque sides will include potato salad, pasta salad, corn, baked beans and watermelon.

Tickets are \$5 each and will be for sale in the Nutrition Center starting Tuesday, July 6th. Pick up your tickets early since they sell out fast!



### **Outreach "Coffee and Conversation" at the Carver Public Library**

Tuesday, July 13th from 10:00 am -11:00 am in the Small Meeting room of the Carver Public Library.

Drop-in to meet Carver COA Outreach Coordinator, Heidi Lufkin-Miles, to discuss any questions or concerns you may have over a free cup of coffee.



### **Toxin-free Living with Essential Oils**

by doTERRA representative Chris Ventura

Thursday, July 29th at 10:00 am

Looking to eliminate toxins from your life? Learn how to replace toxic products with natural options. Make & Take an all-natural hand sanitizer. The \$5 fee will be covered by the Friends of the COA. Register at **508-866-4698 x3**.



### **Songbirds of the Northeast presented by Naturalist John Root Monday, July 19th, 12:30 pm, Drop-in**

This nature presentation sponsored by the Carver Cultural Council features both photographs and recordings of our region's songbirds. The role of song in these birds' lives as well as their diet, social behavior, and other adaptations for survival will be discussed. Participants also learn how to provide an attractive habitat for songbirds. Questions and comments are welcome throughout the presentation.



This program is supported in part by a grant from the Carver Cultural Council, a local agency which is supported by the Mass Cultural Council, a state agency.

#### **COUNCIL ON AGING**

Monday -Thursday  
9 AM-3 PM  
Friday 9 AM-12PM  
48 Lakeview St., South Carver  
**508-866-4698**

#### **COA DIRECTOR**

**Connie Kelly**  
Monday-Friday  
8 AM-4 PM  
**508-866-4698 x3**  
connie.kelly@carverma.gov

#### **BOARD OF DIRECTORS**

Donna Marie Forand-Chair  
Claudia Miller-Vice Chair  
Helen Marrone-Secretary  
Savery Moore  
Stephanie Clougherty Alt.  
Paula Hitchcock Alt.

#### **FRIENDS OF THE CARVER COA**

Ron Clarke - President  
Paul M Kelly -Vice President  
Madeline Joyce -Treasurer  
Jackie Rogerson - Secretary  
**508-866-4698**

*The mission of the Carver Council on Aging is to identify the needs, interests, and concerns of Carver's senior community and in response develop and implement programs and services that address these. The goal of these endeavors is for the senior community to maintain their independent lifestyle with dignity, while enriching their quality of life.*

# GATRA Dial-A-Ride

Shopping - Appointments - Ride to the COA

GATRA operates out of the COA and provides transportation to senior and disabled residents.

## PLEASE REMEMBER

Call our dispatcher from 9:00 am - 12:00 pm no later than the day before to schedule a seat on the bus.

Have the address of the location you need transportation to when you schedule a ride.

**Call in advance to CANCEL a reservation.**

*Messages can be left after hours.*

**DO NOT call the drivers directly!**

## NEW SCHEDULE

Gatra Bus Service has returned to **FULL** capacity of 8 passengers per bus also, masks are *still* required through September.

### SUPERMARKET RUNS

**Wednesdays 12:30 pm** ..... Market Basket

**Thursdays 9:30 am** ..... 1st - Walmart/Wareham

2nd & 4th - Stop & Shop

3rd & 5th - Walmart/Plymouth

**Fridays 9:30 am** ..... Shaw's

## GATRA Bus FAQs

### What towns does GATRA provide rides to?

Transportation is provided to the towns adjacent to Carver.

### What is the fee for riding the GATRA bus?

The fee is **\$1.75** each way. A book of 10 passes can be purchased for **\$15**. *A book of passes makes a great gift for any senior in your life that needs transportation!*

### How do I schedule a ride?

Call **508-866-4698 x-1** **prior to 12 pm the day before.**

### IMPORTANT NOTE FOR WHEELCHAIR PASSENGERS:

Wheelchair passengers *must* bring a companion to accompany them on their trips as GATRA drivers are unable to escort passengers beyond their arrival point.

The Plymouth County Sheriff Department's **Free Safety Assurance program** is a computerized telephone system that places a call to a participant at a pre-arranged time each day. Calls are received between 6 am and noon. **To enroll, call 508-830-6256.**



### LOAN CLOSET (please call before dropping off items)

The COA maintains a "loan closet" of canes, walkers, crutches, commodes, wheelchairs, etc., available to borrow at no charge. **Sanitization is the responsibility of the borrower.**

## COPIES

The COA will make **FREE** copies for seniors. Ask a staff member during our regular hours to use this service.

## VETERAN'S SERVICES

Mark Pineo, Carver's Veteran's Agent and Director of Veteran's Services can be reached at **508-866-3406**.

## LEGAL ADVICE AT THE COA

Attorney-At-Law Lawrence L. Hale is available to meet with seniors, by appointment only, for free legal advice and counseling in 15 minute appointments on the *second* Thursday of each month, starting at 10:00 am. Call **508-866-4698 x 3**.

## ATWOOD HOUSE RENTAL

The Nutrition Center at the Atwood House is not available for rent at this time.

## FRIENDS OF THE CARVER COUNCIL ON AGING

**Annual membership is \$10** which supports COA activities, events, performances and trips!

*Checks can be sent to:* Friends of the Carver COA, PO Box 72, Carver, MA 02330, Attn: Madeline Joyce.

## SENATOR MARC PACHECO

Call **508-822-3000** or **617-722-1551**

to see if you can schedule an appointment.

## STATE REPRESENTATIVE WILLIAMS-GIFFORD

Call the district office at **508-295-5999** to schedule an appointment.

## WEEKLY WELLNESS CLINICS

Carver EMS is providing weekly blood pressure clinics as well as monthly glucose and cholesterol screenings every Tuesday from 9:30 am - 11:30 am. Drop-in.

## HAIRCUTS BY DONNA

Donna Lawrence is available to provide in-home hair cuts by appointment; \$20 for a cut, cut and blow dry \$30. Call **508-866-4698 x3** to make an appointment.

## COA Board of Directors Bulletin Board

The Carver Council on Aging Board of Directors would like to thank all in the community who attended the Carver COA Open House and all of the staff and volunteers who made it happen!

Next BOD Meeting: Thursday, July 29th at 4:30 PM at the COA.  
<https://www.carverma.gov/council-aging>

## GATRA MINI-BUS

Peggy Wood

Dispatcher

Monday – Friday

9 AM-12 PM

**508-866-4698 x 1**

## OUTREACH SERVICE

Heidi Lufkin-Miles

Outreach Coordinator

Tuesday - Thursday

9 AM - 3 PM

**508-866-4698 x 2**

## NUTRITION CENTER

June Benson

Monday -Thursday

8 AM - 3 PM

Friday 8 AM - 12 PM

**508-866-4698 x 4**

Lunch weekdays at 11:30



## WEEKLY ACTIVITIES

### OIL PAINTING CLASSES

FREE with Jim Collins. Tues. 1 pm.  
Call to register at 508-866-4698 x3.

### ACRYLIC PAINTING CLASSES

FREE with Jim Collins. Wednesdays  
at 5 pm. Register 508-866-4698 x3.

### RUMMIKUB

Wednesdays at 12 pm. Drop-In.



### CHAIR YOGA AT THE POND

with Mary Wilson of Wild Divinity Yoga  
Mondays, July 12th, 19th & 26th at  
9:00 am at Sampson's Pond  
Suggested \$5 donation.  
Please register at 508-866-4698 x-3 to  
receive a special parking pass.

## MONTHLY ACTIVITIES

### COFFEE WITH THE CHIEF

Every second Tuesday  
at 10:30 am meet Police  
Chief, Marc Duphily, who will listen to  
any of your questions or concerns.



### SINGO IS BACK!

with Jim the DJ Guy on the first  
Monday of every month - 12:00 pm.  
Drop in.



**BASKET WEAVING** w/ Patty Batson.  
1st & 3rd Tuesdays at 12:30 pm and  
1st & 3rd Fridays at 9:30 am. **\$15 per  
class.** Register at 508-866-4698 x3

### MONTHLY BEREAVEMENT SUPPORT GROUP

with Rev. Lawrence Smith of  
Continuum Hospice & Palliative Care  
Every 4th Friday from 10:00 am-11:00  
am in the Lakeview Library Room of  
the COA. Please register at 508-866-  
4698 x-3.



### FOOTCARE

If you need pedicare, call Dr. John  
McLaughlin (podiatrist) at 781-738-  
3472 or BID Podiatry Clinic 116 Court  
St., Plymouth 508-747-1973.

## WHAT'S HAPPENING THIS MONTH

### WEEKLY CRAFT CLASSES

Wednesdays at 10:00 am

Please register at 508-866-4698  
x3. *Supplies may be limited.*

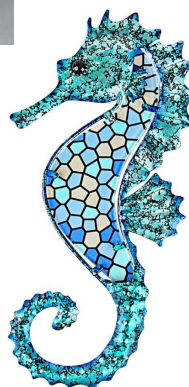


Beachy  
Summer  
Lantern  
7/7

Embellished  
Seahorse  
7/21

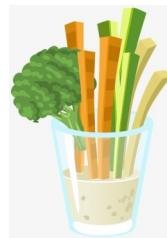


Rock  
Cactus  
7/28



### HEALTHY SENIOR SNACKING

with Nutritionist  
Ally Littlefield  
Tuesday, July 20th  
at 10:00 am



For many seniors, two healthy  
snacks per day help stabilize  
blood sugar between meals  
(which helps prevent overeating)  
and maintain energy levels. Store-  
bought snacks are often high in  
sodium, fat, sugar, and preserva-  
tives. A healthier option is to  
prepare your own snacks. Join  
Nutritionist Ally Littlefield, to learn  
how to prepare wholesome tasty  
treats that won't spoil your appe-  
tite! Register at 508-866-4698 x3.

### "KNIVES OUT" FREE MOVIE MATINEE

Thursday, July 22nd  
at 12:30 pm

Enjoy free popcorn  
while watching this  
suspenseful,  
twist-filled whodunnit movie  
with an all-star ensemble.  
Register at 508-866-4698 x3.



### COA OPEN HOUSE SPECIAL THANKS & RECOGNITION

#### COA Board of Directors members:

Chair Donna Forand, Alternates,  
Stephanie Clougherty and Paula  
Hitchcock who purchased and  
planted flowers and decorated the  
exterior of the COA building.

To all those who worked the event  
representing the COA's activities  
and services: Yoga Instructor Mary  
Wilson, Meals-on-the-Move Driver  
Janice Rossetter, Art Instructor Jim  
Collins, Art Student Pam Welch,  
Cook June Benson, Bingo Caller  
Nancy Shoughrow, Basket Weaver  
Patty Batson and GATRA Driver  
Ron Simisky. Friends of the COA:  
V.P. Paul Kelly, Treasurer Madeline  
Joyce, Secretary Jackie Rogerson.

Representatives from Town Ser-  
vices: Fire Chief Craig Weston,  
Police Chief Marc Duphily, Veterans  
Agent Mark Pineo and Asst. Lisa  
Eriksson. EMS Chief Mike Ryan,  
Deputy Chief Jennifer Gallant-  
Backman, Operations Officer Andy  
Backman, EMT Ariana Backman  
and EMT Kevin Wilson.

Remembrance Tree Blessing  
given by Rev. Lawrence Smith.

Entertainment provided by  
Midnight Harvest Jazz Band.

Thanks also to the State and Town  
officials as well as all who attended  
and supported this special event!

**CONGRATULATIONS TO DAVID  
ATKINSON FOR WINNING THE RED SOX  
TICKETS DOOR PRIZE!**

### FOOD PANTRY

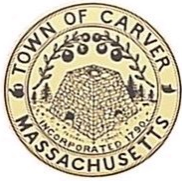
Shane Gives Thanks - 128 Main St.  
Tues./Thurs - 8 - 1  
\*Wed 1 - 4  
Sat/Sun/Mon - Closed  
\*Wed. is Veteran's Shopping Day  
508-866-7673

### MEALS ON THE MOVE

The COA provides prepared meals  
for homebound elders.  
Monday - Friday  
Daily Cost: \$3.00  
Call the Nutrition Center at  
508-866-4698 x 4

### SHINE PROGRAM

**Health Insurance Counseling**  
Appointments via phone or email  
only available at this time.  
Please call the Regional Office at  
the Middleboro COA at  
1-800-AGE-INFO (1-800-243-4636)



CARVER COUNCIL ON AGING  
P.O. BOX 618  
SOUTH CARVER, MA 02366

Return Service Requested

Std Lts  
U.S. Postage PD  
#37  
Carver, MA 02330

<div>  <h1>2021 JULY</h1>  </div>						
SUN	MON	TUE	WED	THU	FRI	SAT
 <b>CRYSTAL LAKE GARDEN SHOP</b> <i>Better blooms for your bucks!</i>	Sincere gratitude and appreciation to Crystal Lake Garden Shop for their generous donation of the Remembrance Tree for our Open House Dedication.			<b>1</b> Lunch 11:30 am	<b>2</b> Basket Weaving w/Patty Batson 9:30 am Lunch 11:30 am	<b>3</b>
	<b>4</b>	<b>5</b> CLOSED FOR 	<b>6</b> Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Basket Weaving 12:30 pm Oil Painting 1:00 pm	<b>7</b> Beachy Summer Lantern 10:00 am Lunch 11:30 am Rummikub 12:00 pm Acrylic Painting 5	<b>8</b> Atty. Hale Appointments 10:00 am Lunch 11:30 am	<b>9</b> Lunch 11:30 am
<b>11</b>	<b>12</b> Outdoor Chair Yoga 9:00 am SINGO! 12:00 pm Lunch 11:30 am	<b>13</b> Wellness Clinic 9:30 - 11:30 am Coffee w/ the Chief 10:30 am Lunch 11:30 am Oil Painting 1:00 pm	<b>14</b> (No Craft) BBQ Luncheon 11:30 am (No Rummikub) Acrylic Painting 5	<b>15</b> Lunch 11:30 am	<b>16</b> Basket Weaving w/Patty Batson 9:30 am Lunch 11:30 am	<b>17</b>
<b>18</b>	<b>19</b> Outdoor Chair Yoga 9:00 am "Songbirds of the Northeast" 12:30 pm - Drop-in Lunch 11:30 am	<b>20</b> Wellness 9:30 - 11:30 am "Healthy Snacks" 10:00 am Lunch 11:30 am Baskets 12:30 Oil Painting 1:00 pm	<b>21</b> Embellished Seahorse Craft 10:00 am Lunch 11:30 am Acrylic Painting 5	<b>22</b> Lunch 11:30 am "Knives Out" Movie Matinee 12:30 pm	<b>23</b> Bereavement Support Group 10:00 am - 11:00 am Lunch 11:30am	<b>24</b>
<b>25</b>	<b>26</b> Outdoor Chair Yoga 9:00 am Lunch 11:30 am	<b>27</b> Wellness Clinic 9:30 - 11:30 am Lunch 11:30 am Oil Painting 1:00 pm	<b>28</b> Rock Cactus Craft 10:00 am Lunch 11:30 am Acrylic Painting 5	<b>29</b> Toxin-Free Living Make & Take Hand Sanitizer 10:00 am Lunch 11:30 am COA BOD Meeting	<b>30</b> Lunch 11:30 am	<b>31</b> <b>WEEKLY BINGO RETURNS AUGUST 5TH!</b>